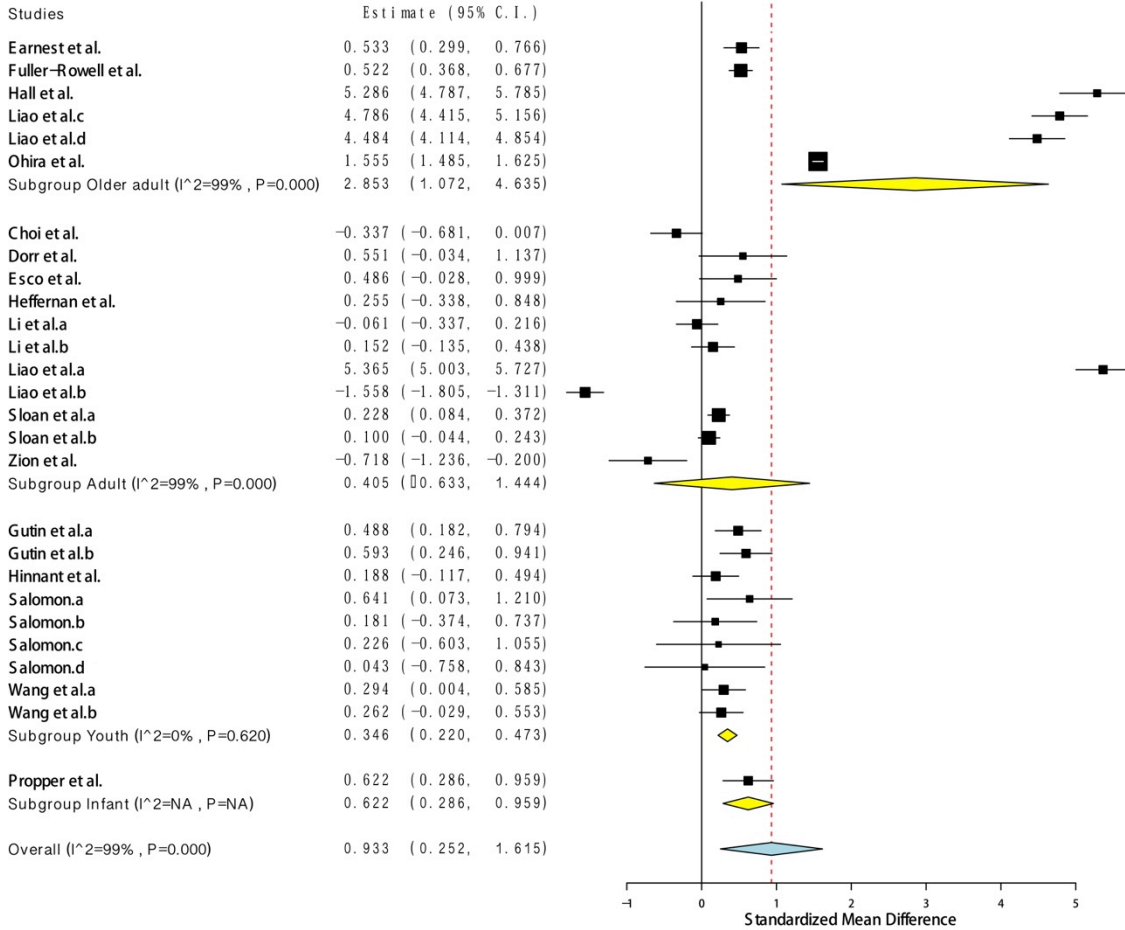
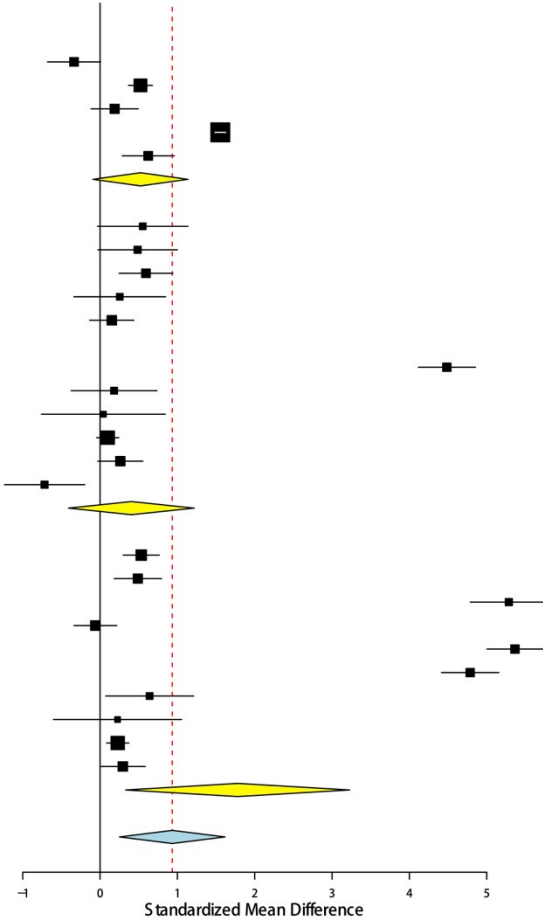


Supplementary Digital Content

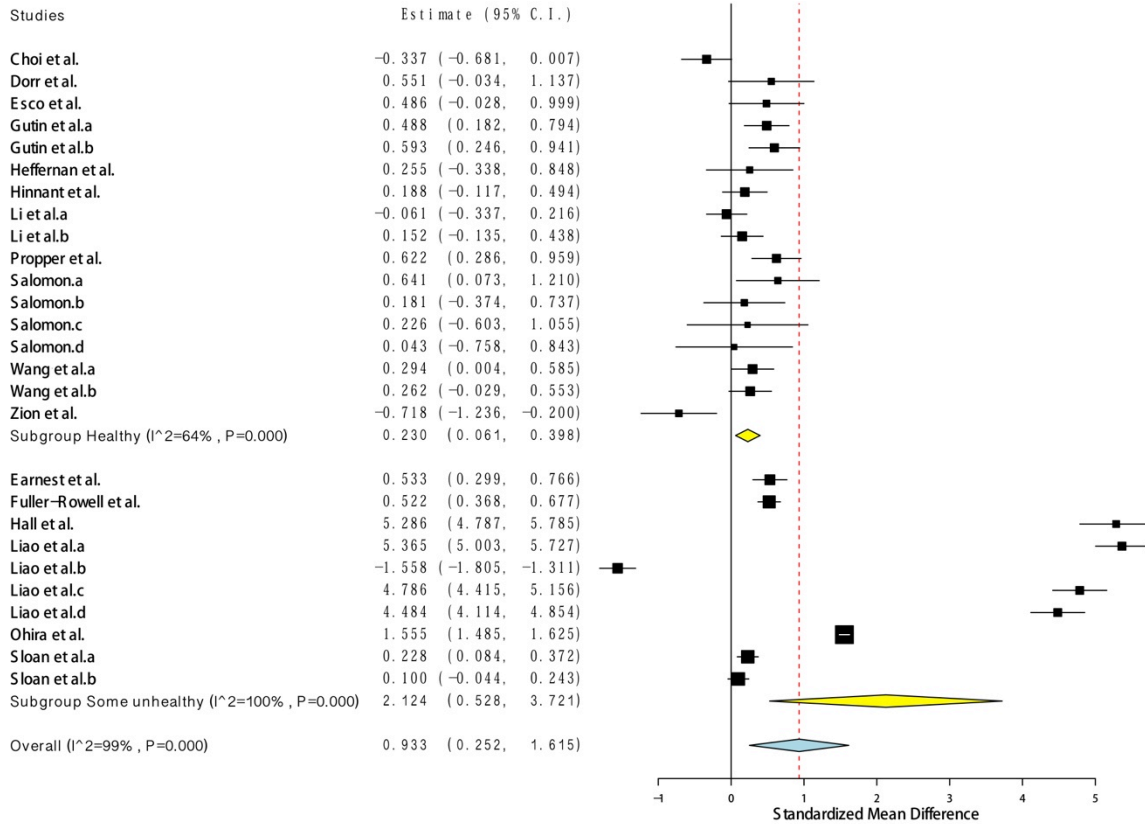


Forest plot of effect estimates (g) obtained in sub samples based on age

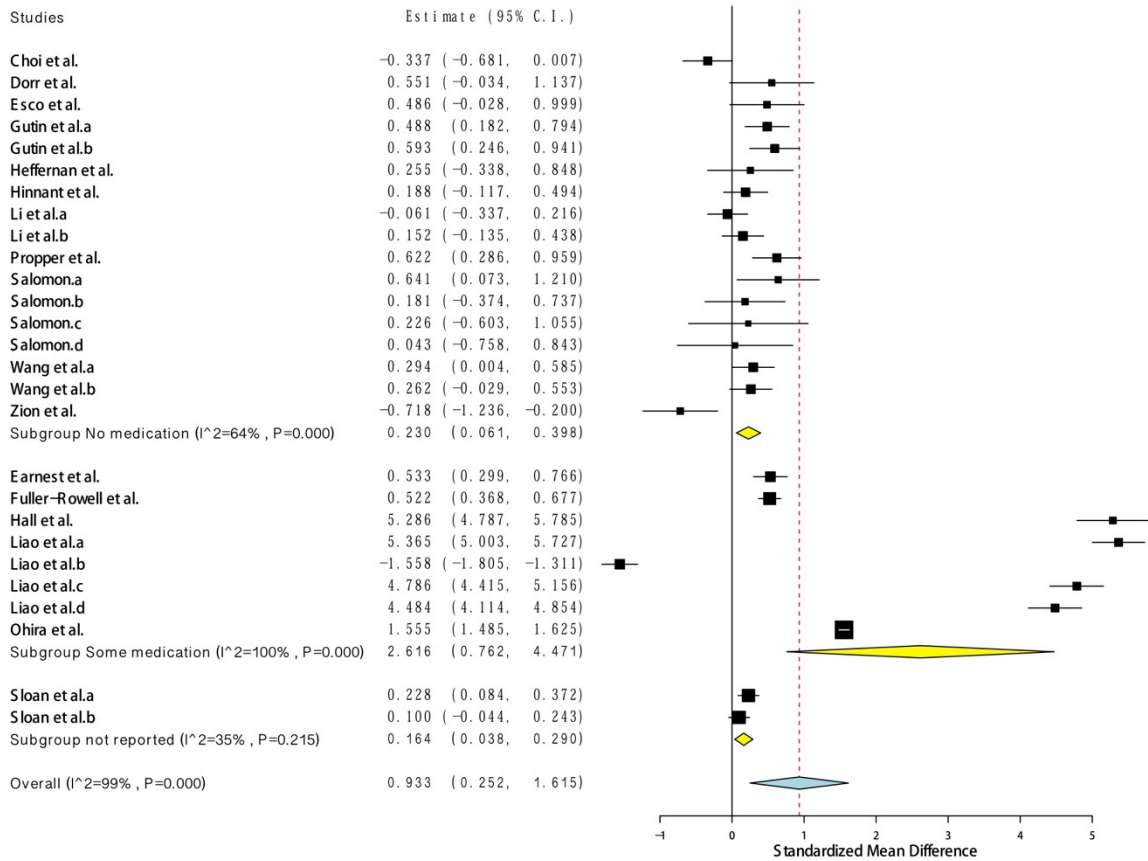
Studies	Estimate (95% C.I.)
Choi et al.	-0.337 (-0.681, 0.007)
Fuller-Rowell et al.	0.522 (0.368, 0.677)
Hinnant et al.	0.188 (-0.117, 0.494)
Ohira et al.	1.555 (1.485, 1.625)
Propper et al.	0.622 (0.286, 0.959)
Subgroup Mixed ($I^2=99%$, $P=0.000$)	0.522 (0.092, 1.137)
Dorr et al.	0.551 (-0.034, 1.137)
Esco et al.	0.486 (-0.028, 0.999)
Gutin et al.b	0.593 (0.246, 0.941)
Heffernan et al.	0.255 (-0.338, 0.848)
Li et al.b	0.152 (-0.135, 0.438)
Liao et al.b	-1.558 (-1.805, -1.311)
Liao et al.d	4.484 (4.114, 4.854)
Salomon.b	0.181 (-0.374, 0.737)
Salomon.d	0.043 (-0.758, 0.843)
Sloan et al.b	0.100 (-0.044, 0.243)
Wang et al.b	0.262 (-0.029, 0.553)
Zion et al.	-0.718 (-1.236, -0.200)
Subgroup Male ($I^2=98%$, $P=0.000$)	0.404 (0.409, 1.217)
Earnest et al.	0.533 (0.299, 0.766)
Gutin et al.a	0.488 (0.182, 0.794)
Hall et al.	5.286 (4.787, 5.785)
Li et al.a	-0.061 (-0.337, 0.216)
Liao et al.a	5.365 (5.003, 5.727)
Liao et al.c	4.786 (4.415, 5.156)
Salomon.a	0.641 (0.073, 1.210)
Salomon.c	0.226 (-0.603, 1.055)
Sloan et al.a	0.228 (0.084, 0.372)
Wang et al.a	0.294 (0.004, 0.585)
Subgroup Female ($I^2=99%$, $P=0.000$)	1.779 (0.331, 3.228)
Overall ($I^2=99%$, $P=0.000$)	0.933 (0.252, 1.615)



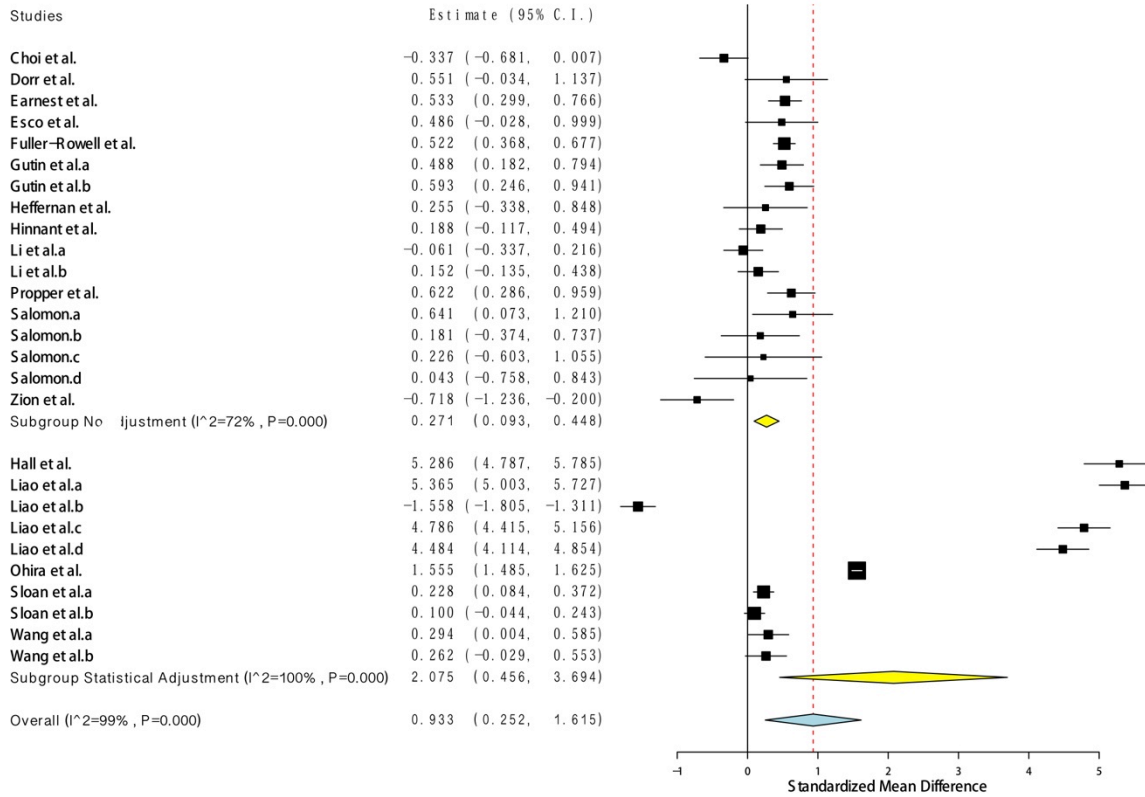
Forest plot of effect estimates (g) obtained in sub samples based on gender



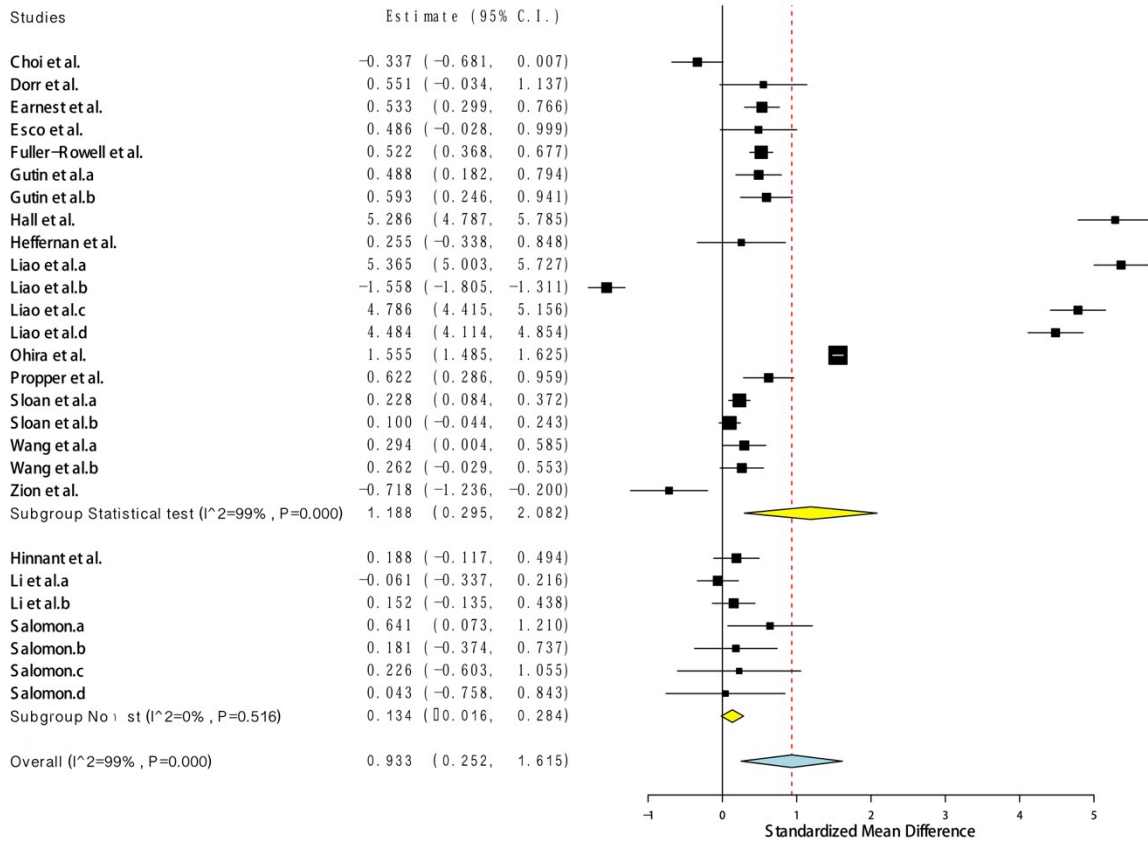
Forest plot of effect estimates (g) obtained in sub samples based on health status



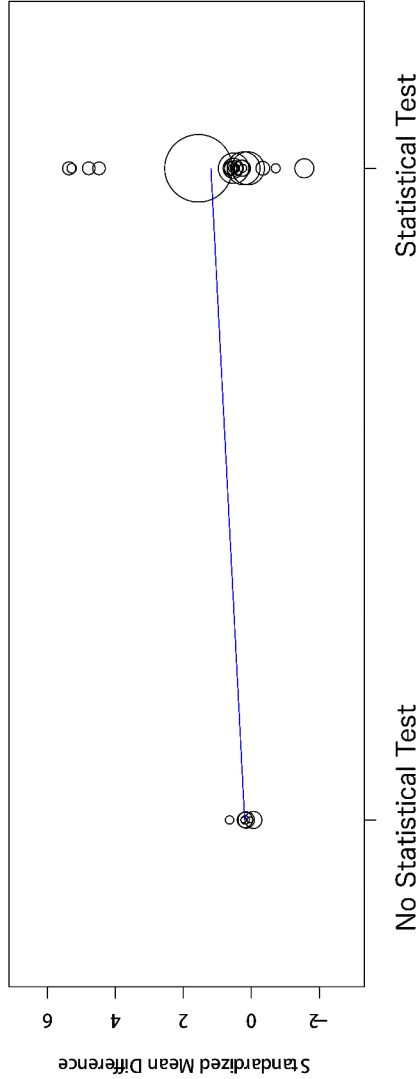
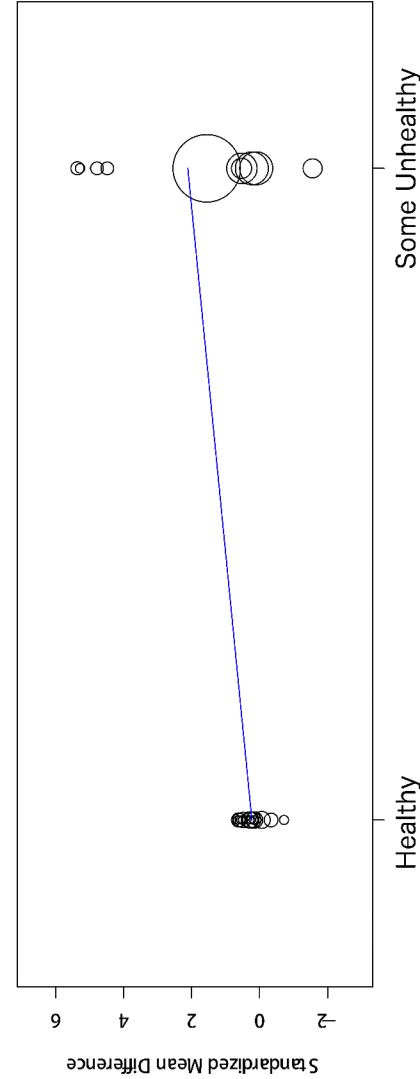
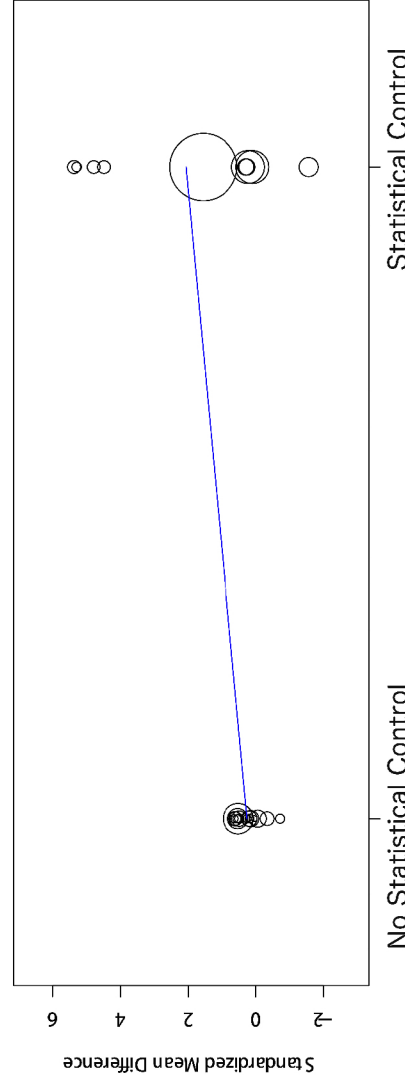
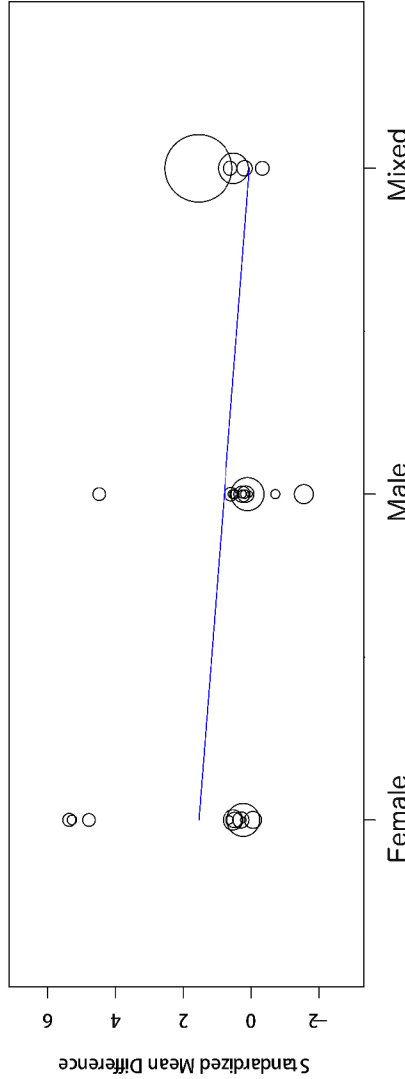
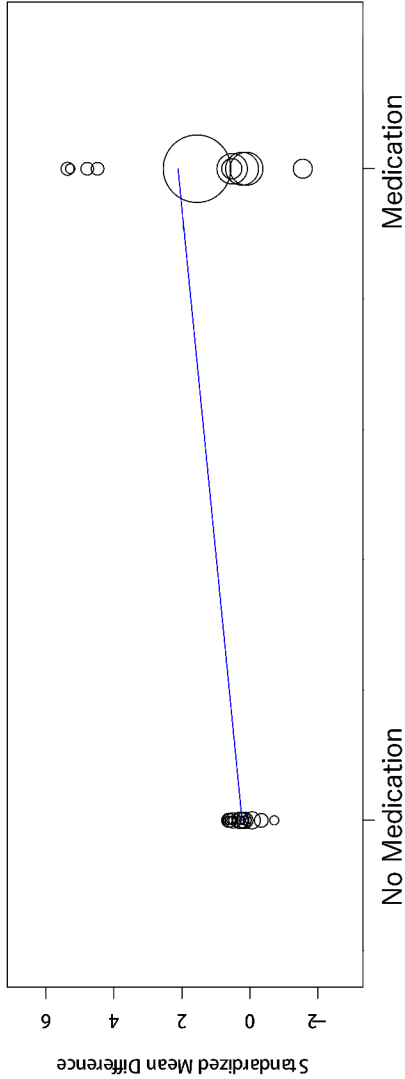
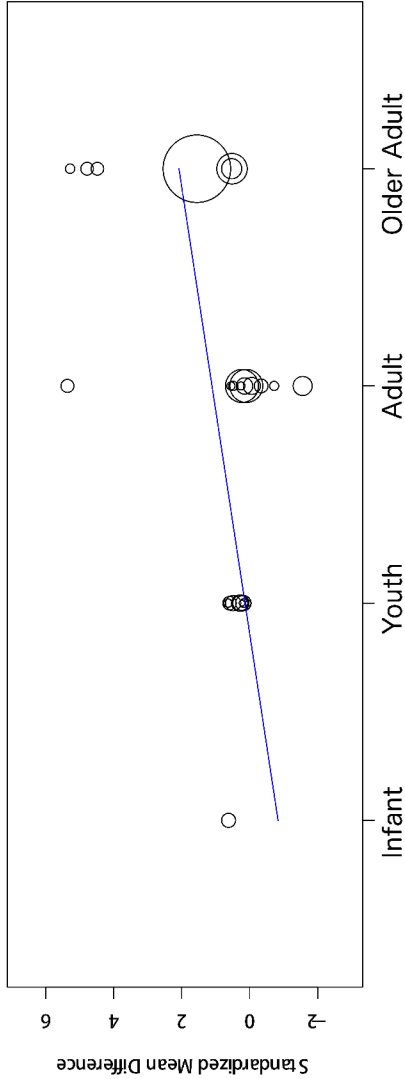
Forest plot of effect estimates (g) obtained in sub samples based on medication use



Forest plot of effect estimates (g) obtained in sub samples based on statistical adjustment



Forest plot of effect estimates (g) obtained in sub samples based on statistical test



Meta-Regression Plots